

Fresh Fruit and Vegetable Program PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Tangerine

Tangerines are good for you because: they are a good source of Vitamin C, which acts as an antioxidant and protects your body against damage from free radicals, potassium, and dietary fiber.

Farm to School ~

Tangerines are actually an offshoot from the mandarin family, which originate from Asia and Africa.

Tangerine season is from Autumn to Spring.

Selection and Storage ~

Choose semi-soft tangerines that are dark orange and heavy. They should not have any brown color or soft spots.

You can refrigerate the tangerines for up to 2 weeks.

Origin ~ Where did it come from?

Tangerines were first grown as a crop in Palatka, Florida in the 1800s. Palatka is about a 30 minute drive from Gainesville, FL, which means that the Tangerines have their "roots deep" in Florida.

Fun Facts



Tangerines were named after the Tangier people in Morocco. Tangerines are extremely easy to peel, making them a very convenient snack to eat. Tangerines are known to be less sour and sweeter than other citrus fruits.



Word Search

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PEEL

CITRUS
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TANGERINE

FLORIDA
ORANGE
VITAMIN



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TANGERINE COLORING



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